

# Curly Mustard

Southern Giant

Non-GMO Sprouting/Micro Greens

**Curly Mustard** seeds produce a robust spicy sprout that will add a zesty kick to salads, sandwiches, soups or other dishes where mustard spice is desired. The leaves can be harvested for fresh or cooked greens.

**Seeding Rate:**

*Indoor:* 3-5 seeds/ per inch  
*Outdoor:* 250 seeds/ per 4 feet

**How to Grow:** Pre-sprout in a terra cotta sprouting saucer for best results. Steep sprouting saucer in water, allowing entire saucer to become saturated before sowing. Add 2 tablespoons of seed and lightly mist the seeds 2 to 3 times a day for 5 to 6 days. Continue misting the sprouts to keep them fresh, crunchy and hydrated (but not waterlogged). Sprouts will be ready to harvest in 5 to 6 days.

**Cover Crops-** Can be sown in the spring as a beneficial summertime herbal and companion plant, or to mulch back into the soil as a winter cover crop and rich source of season-long nitrogen. Like the Daikon radish, curly mustard seeds develop a deep taproot to break up hardened soils for better soil tilth and weed suppression.

**Nutritional Value:** Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



*A fully certified organic and non-GMO variety*



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Bunch	Fast 3-4 days	Fast 7-10	Mild 60°-75°F	Medium 6.0-7.5	w/leaves 8-12"	12" (outdoor)	Full Sun to Partial Shade	Leaves 6-8"	Yes

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